



# Course Information

## End of Life Care: Symptom Management

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Course Code: R-170927-NZ Course Series: Palliative Care

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Learning Pathway: Advancing



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Course aim: Become familiar with the common physical and psychological symptoms associated with the end stage of life. Recognise how to provide appropriate care and support to the dying person.

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Target Audience: Registered Nurses, Enrolled Nurses, Care Staff

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### Learning outcomes:

After viewing this course participants should be able to:

- Define and plan end of life care
  - Recognise and understand the common physical and psychological symptoms associated with the end stage of life
  - Identify and implement appropriate care and clinical strategies to effectively manage common physical symptoms
  - Identify and implement person-focused strategies that support the psychological symptoms of the dying person
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### Subject Matter Expert: **Jane MacKintosh – Clinical Nurse Consultant**

Jane is a Palliative Care Clinical Nurse Consultant who has worked across a variety of Specialist Palliative Care settings since 1997. She has worked in metropolitan and regional centres in Australia and New Zealand. Jane holds post graduate qualifications in Palliative Care and is completing her Masters, looking at the impact of death and dying on Aged Care Nurses.

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### Think About:

- What strategies does your facility have in place to support the physical and psychological symptoms of the older person in the end stage of life?
  - What strategies does your facility have in place to support the person's family in the end stage of life?
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### Active Learning Hours:

This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

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## Key definitions

End of life care	Refers to when the person begins exhibiting signs/symptoms that suggest that they may be approaching the last week or days of life.
Dyspnoea	Shortness of breath.
Cheyne-Stokes	Rapid breathing, followed by a temporary cessation in breathing.
Death Rattle	When the person makes gurgling or rattling sounds, due to the air passing through their secretions.



## Resources to support your learning

Guide to the Pharmacological Management of End of Life (Terminal) Symptoms in Residential Aged Care Residents

[https://www.caresearch.com.au/Caresearch/Portals/0/PA-Toolkit/Guide%20to%20the%20Pharmacological%20Management%20of%20End%20of%20Life\(Terminal\)Symptoms%20in%20Residential%20Aged%20Care%20Residents%201.pdf](https://www.caresearch.com.au/Caresearch/Portals/0/PA-Toolkit/Guide%20to%20the%20Pharmacological%20Management%20of%20End%20of%20Life(Terminal)Symptoms%20in%20Residential%20Aged%20Care%20Residents%201.pdf)

WHO - Palliative Care: Symptom Management and End of Life Care

<http://www.who.int/hiv/pub/imai/genericpalliativecare082004.pdf>

CareSearch – Symptom Management at the End of Life

<https://www.caresearch.com.au/caresearch/tabid/741/Default.aspx>

Palliative Care Australia

<http://palliativecare.org.au/#>

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